



BE A GAME CHANGER

LIVE UNITED

At United Way, we are more than the fundraisers. We are the hand raisers. The game changers. And we invite you to raise your hand and join the thousands of game-changing volunteers who make a difference every day.

Read, tutor, mentor, build, counsel, coach, research, play or plan. Volunteer with children, teens, or seniors. Work inside or outdoors; as part of a team, or by yourself. No matter how or where you volunteer, you'll gain important leadership skills, make friends, and go home happy—knowing you touched lives and make a difference.

Dozens of ways to deliver impact

As a United Way volunteer, there is almost no limit to how you will help deliver positive impact to your home community. Here are just a few:

- Collaborate with coworkers on a seasonal volunteer activity, and/or participate in the United Way Day of Caring, our annual corporate day of service.
- Become an IRS-trained volunteer with the Worcester FreeTax Service Coalition, helping

low-income working adults file their taxes and receive the largest tax credit refunds they are entitled to.

- Fight hunger in our community when you help replenish food pantries through your participation in the Annual Letter Carrier's Food Drive on the second Saturday in May.
- Participate in the United Way's annual Holiday Wish List, collecting goods and gifts, and helping raise money to ensure that our struggling neighbors enjoy a happy holiday season.
- Become a Women's Initiative Dollars Scholars mentor, teaching middle school age girls the important basics of money management, such as budgeting, responsible use of credit, and managing a checking account.

Special volunteer opportunities

For information about internships and customized volunteer opportunities for your organization, or to access our library of materials on volunteer management, contact the United Way Community Services Program at 508-757-5631, Ext. 221.

Yes, it's true – doing good is good for you! Research shows that volunteers have lower mortality rates, greater personal satisfaction, and lower rates of depressions later in life than those who do not volunteer. No wonder volunteering feels so good!

For a complete list of volunteer activities, visit the Volunteer Center at www.unitedwaycm.org



United Way of Central Massachusetts

